



**LYRICIST JAVED AKHTAR SLAMS
ACTOR KANGANA RANAUT'S "DELAY"
TACTICS IN COURT SUBMISSION**
pg 08

**LGBTQ+ ATHLETES: WHY
MORE SPORTSPEOPLE THAN
EVER ARE COMING OUT**
pg 04

**ANNA SAWAI BOARDS CAST
OF FX SERIES 'SHOGUN'**
pg 08



Summit TIMES

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ON TOP OF THE NEWS

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CM's greetings on Gandhi Jayanti

**SUMMIT REPORT
GANGTOK, 01 OCT:**

Chief Minister, PS Tamang has extended his warm greetings and best wishes to the people of Sikkim on the occasion of Gandhi Jayanti.

Fish Mela and Bamboo Fair occupy MG Marg for the weekend

**SAGAR CHETTRI
GANGTOK, 01 OCT:**

A two-day Fish Mela-cum-Bamboo Fair, on the theme, 'Development of Fish and Bamboo Entrepreneurs in the State of Sikkim', was inaugurated by Animal Husbandry Minister, Lok Nath Sharma, here at New Market at MG Marg on Friday.

The event is being organized by the Directorate of Fisheries with the support from the National Fisheries Development Board as part of the Poshan Abhiyan and Azadi Ka Amrit Mahotsav Celebration, 2021.

The venue has 21 stalls for fish farmers and entrepreneurs displaying varieties of fish and its products, while bamboo artisans and entrepreneurs have been assigned 10 stalls.

The event has attracted the participation of 52 entrepreneurs.

In his address, the Minister said that the first Fish Mela held in the month of April earlier this year had proven a grand success, fetching fish farmers Rs 10.40 lakh worth of business in two days.

He added that the objective of this two-day event was not only to provide a platform to fish and bamboo farmers and entrepreneurs but also to promote fisheries and bamboo entrepreneurship in the State.

He claimed that continuous efforts of the Sikkim Krantikari Morcha government have resulted in increased production of milk, vegetables and animal husbandry produce.

The Minister stressed that the people need to accept that agriculture and animal husbandry were the future, and hence the youth need to take to these sectors.

He went on to contend that officials and staff of the department have been working hard on ground to reach schemes of the state and central governments and funds allocated for them to farmers across the State.

The Minister, accompanied by other guests, visited the stalls and interacted with fish farmers, artisans and entrepreneurs.

The inaugural function was also attended by Gangtok MLA, YT Lepcha, as guest of honour.

Teesta Stage-III affected get Rs 31.6 lakh compensation

**WANGCHUK BHUTIA
CHUNGTHANG, 01 OCT:**

Compensation for damage caused by blasting during the construction of 1200MW Teesta HEP Stage III was distributed today by Minister Roads & Bridges Department, area MLA Samdup Lepcha, in the presence of Chairperson Teesta Urja, Ganden T Lachungpa.

Compensation was provided for damage to community property and houses. Rs 31,68,590 was disbursed for 183 houses of Chungthang Gram Panchayat Unit of Lachen Mangan constituency and Shipgyer GPU in Dzongu Constituency.

Convenor Steering Committee for implementation of Teesta Stage III, Tseten Lepcha highlighted that the damages



date back to 2008-2010 wherein many houses in the Damsite and the Tunnels, Adit points had suffered severe damages due to the blasting used in the construction of the project.

On the complaint of

the affected citizens, the Mines and Geology Department had conducted an onsite investigation and certified that the damages were due to the blasting, he added.

After the assessment of the houses were done

by the engineers of the BDO office Chungthang along with all stake holders including Sikkim Power Development Corporation. The damage assessment was submitted to the Teesta Urja Ltd by the District collector

(North) in the year 2010.

However, in spite of the initial agreement by the company to provide the compensation as a goodwill gesture, the same was not fulfilled.

He further stated that since the issue pertained

to the rights of the indigenous citizens of the state, he wrote a letter petition to the High Court.

The issue was contested by the company and it was only after the change of the government in Sikkim that the process of resolution was explored. Accordingly an out-of-court settlement was worked out and finally it was agreed to provide full compensation to the affected families.

Addressing the function, the Minister, on behalf of the people, expressed gratitude towards the CM.

The Minister also visited the Ledho Guru Lakhang and assured to fulfill the demands placed by the committee for the completion of the under-construction Mani Lakhang.

The Chairman Teesta Urja also addressed the function and announced that five students from Chungthang area will be provided monthly scholarships.

The people extended gratitude to the Chief Minister, PS Tamang for bringing systematic change in the functioning of the company, and also Minister Samdup Lepcha, for taking up the issue at various levels. They also thanked Ganden T Lachungpa, Chairman Teesta Urja Ltd for having successfully resolved the matter.

Also present in the function were ADC Development, HS Kafley, SDM Chungthang, Subash Ghimerey, GM Teesta Urja, Panchayat members, Officials and the affected people.

5-day Nar Bahadur Bhandari Janma Jayanti begins in Soreng

**SURAJLIMBOO
SORENG, 01 OCT:**

Five-day "Nar Bahadur Bhandari Janma Jayanti" celebration started today at Soreng school ground, West Sikkim.

The event is being organised in honour of former Sikkim Chief Minister, Nar Bahadur Bhandari's 81st birth anniversary.

Soreng-Chakung MLA, Aditya Golay chaired the event as chief guest accompanied by Political Secretary to CM, Jacob Khaling, Chairperson of Agriculture and Horticulture Department, Chandra Kumar Rana.

The programme which started today will end on 05 Oct 2021.

Talking to media, president of organizing committee, Binod Basnett, informed that this is the third time that Soreng is celebrating the birth anniversary of Late Nar Bahadur Bhandari. This programme is conducted under the

chief patronage of Chief Minister, PS Tamang along with Sub-Division officers and staff.

Recalling the contributions made by Late Nar Bahadur Bhandari, MLA Aditya Golay said that Soreng is blessed to

turn to pg 02



Sikkim spared Covid death news for fourth straight day

**SUMMIT REPORT
GANGTOK, 01 OCT:**

Sikkim's Covid death toll continues to hold at 387, with the State now having gone four straight days with the virus having claimed no lives here.

In the meantime, the daily test positivity rate came in at 6.2% today with 31 new cases of Covid-19 picked up from the testing of 494 samples in the past 24 hours.

As per the Daily report of COVID-19 in Sikkim released by the Integrated Disease Surveillance Programme of Health Department,

of the 31 new cases, 27 were registered in the East District, 03 in the West District and 01 in the South District.

While 23 new cases were detected in RT-PCR testing of 231 samples, seven cases were reported in rapid antigen testing of 260 samples and one more case was found in TruNat testing of three samples.

The tally of the confirmed cases of COVID-19 in the State thus has now reached 31,482.

On the other hand, 24 people were discharged from home and facility isolation on Thursday af-

ter making full recoveries to further improve the number of recovered cases here to 30,161.

There are 618 active Covid cases in the State at present, most of whom are recovering under home or facility isolation. That said, 10 COVID patients are currently admitted in ICU facilities at STNM Hospital and CRH-Tadong.

On the vaccination front, Sikkim administered 5,614 doses of Covishield on Thursday. While 5,315 people completed their vaccination schedule with the second dose yesterday, 299 people received their first dose.

2 October

Nation pays tributes to Gandhi ji and Shastri ji on their birth anniversary

There is much to learn from Babu's life and noble thoughts. His ideals keep guiding us in creating a prosperous and compassionate India. Similarly, Shastri ji epitomised simplicity and lived for the welfare of our nation. -Narendra Modi

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Health Minister launches “Ujjyalo”

GANGTOK, 01 OCT (IPR): Health Minister Dr MK Sharma launched Ujjyalo, the state-wide universal eye health programme, from STNM Hospital here today. The project aims to create Sikkim as “the first avoidable blindness-free state” of the country and is being implemented by Siliguri Greater Lions Eye Hospital in collaboration with the Department of Health and Family Welfare, Government of Sikkim.

The disability inclusive eye health programme is been funded by CBM, an international development organization working to eradicate avoidable blindness from the world.

Under the programme, the Hospital will be investing Rs 3 crore to create accessible quality eye care spaces across Sikkim, including system strengthening of the available eye health



infrastructure of the Government of Sikkim.

The programme will see opening of three more primary eye-care centres in Sikkim. Similar facilities have already been inaugurated at Jorethang and Mangan. Soon, the State's first Tele-Ophthalmology Mo-

bile Eye Clinic will also be opened.

With special focus on people with disabilities and the elderly, the programme will also have special provision for a school eye health initiative.

The three-year project will also identify 10 girls from humble families

for free 2-year Ophthalmic training and integrate them back into their local communities to help cater to their eye care needs.

Country Director, CBM, Sarah Varughese, and officials from CBM, Mission For Vision, Siliguri Greater Lions Eye Hospital and Govern-

ment of Sikkim attended the launch ceremony, some of them over virtual platforms.

In her address via video conferencing, the CBM Director said, “CBM is committed to eradicate avoidable blindness among people with disabilities living in marginalized communities from across the Globe. When Siliguri Greater Lions Eye Hospital first brought the project to us, looking into the detailed and extensive study to conceptualize the programme especially its inclusive nature to address eye care needs of every individual we realized that the programme is in complete alignment to our goals and priority areas. Coming together we really waited for this day to come. We will ensure than every step from here that we take brings more sustainability and participation from among them.”

Governor inaugurates AKAM celebrations at Tadong College

Gangtok, 01 Oct (PIB): It is our responsibility to preserve the sanctity of our hard-earned Independence and should not forget the sacrifices of freedom fighters & martyrs, said Governor of Sikkim, Ganga Prasad. Addressing the inaugural session of Azadi Ka Amrit Mahotsav exhibition-cum-cultural programmes at Nar Bahadur Bhandari Degree College here today Shri Prasad cajoled the students and youths to make a commitment of their daily life to work hard towards betterment of the society, the nation and the safeguard of our Independence.

Speaking at this event, Secretary, Siphora G Targain, State Department of Information & Public Relations, highlighted the aims and objectives of the ongoing year-long celebrations of Azadi Ka Amrit Mahotsav, throughout India and Sikkim. To commemorate the monumental occasion, the achievement and activities of the government will also be highlighted, she said and urged to use this occasion to pay tribute to unsung heroes of the freedom movement. Targain said that all should collectively support the Swachh Bharat Mission-Urban 2.0 beginning today.

Addressing the inaugural ceremony, Principal of the Nar Bahadur Bhandari Degree College, D Purohit, Tadong, appealed all to contribute in making India Atmanirbhar as envisaged

by the Prime Minister, Narendra Modi.

Director, Ajay Mhamia, PIB welcomed the Governor and thanked the State administration, specially the top administrators of the IPR Department for their ready support in organizing the two day event in Sikkim at a very short notice. Deputy Director, Arijit Chakroborty, ROB Guwahati, who is leading a large team consisting of ROB Officials and Song-and-Drama artiste to execute this programme, also addressed the opening session, informing about similar ROB initiatives in the NE Region.

The Governor also inaugurated a two-day pictorial exhibition of our national freedom fighters and unsung heroes from the hinterlands. The artiste from Regional Outreach Bureau, Guwahati mesmerized the audience with their colorful cultural performance based on a variety of cultural background mainly from northeastern States.

The concluding ceremony, to be held tomorrow as the Gandhi Jayanti event, will be graced by the State Minister for Animal Husbandry & Veterinary Services, Department of Agriculture, Department of Information & Public Relations etc. Lok Nath Shamra. The Principal of NBBDC College informed that students of the institute will undertake a cleanliness drive at 10.30 in the morning to mark the ongoing programme.

Darjeeling man sends 113 postcards to mark World Postcard Day

SMRITAKHAWAS

DARJEELING, 01 OCT:

To celebrate World Postcard Day, a resident of Darjeeling posted 113 postcards from Darjeeling Post Head Office today.

VivekYonzon, a resident of Singmari, Darjeeling, sent the postcards and is the founder of Alpine Philatelic and Numismatic Society. He has been working on activities to revive and promote hobbies in the mountains and is also planning to encourage people to post postcards to keep the old traditional communication mode alive.

“In the age of advanced communication technology, we don't see



a single letter or postcard written, so I decided to post more than 100 postcards today, to encourage people,” he shared.

With the aim of bringing a smile on the faces of the recipients and encouraging them to send something, he

posted special postcards to the recipients in Darjeeling, Kurseong, Mirik and Kalimpong. He also posted some postcards to friends in different states of India as well as United States, Russia, Sweden, Germany, Japan and around the world.

NHPC inks MoU with Govt and PFA for animal shelter

SUMMIT REPORT

GANGTOK, 01 OCT:

A Memorandum of Understanding (MOU) has been inked between NHPC Limited, Teesta-V Power Station, Department of Animal Husbandry & Veterinary Services (DAHVS), Govt of Sikkim & People for Animals (PFA-Sikkim), NGO at Admin Building of Teesta-V Power Station, Balutar for facilitating establishment of Animal Shelter cum Rescue Centre at Dungdung Complex, a press release informs

As per a press release, Member of Parliament and founder of People for Animals (PFA), Maneka Sanjay Gandhi joined the occasion through virtual mode and thanked the NHPC team led by CMD NHPC, AK Singh for showing sensitivity, compassion and generosity towards Animal Welfare.

She also thanked GM I/C Teesta-V Power Station, Sanjay Darbari for



making the establishment of the Animal Shelter cum Rescue Centre in the State of Sikkim possible. She stated that PFA has been set up for welfare of animals including wildlife in distress, animal birth control and prevention of cruelty to animals and that PFA-Sikkim would build the best possible Hospital for welfare of distressed animals.

Joint Director of DAHVS, DrThinley NBhuthia welcomed the initiative and heralded it as a game changer in the field of animal welfare in the state of Sikkim and lauded NHPC Teesta-V Power Station for taking lead in this direction. AnuThami

of PFA-Sikkim expressed her gratitude to NHPC Limited and GM (I/C) Teesta-V Power Station for making her dream come true.

Speaking on the occasion, General Manager (I/C), Sanjay Darbari, Teesta-V Power Station stated that NHPC and the Power Station is very happy to be associated with the cause of Animal Welfare and noted that NHPC's environmental commitment and environmental sustainability practices were reinforced by the MoU.

Senior Officers of NHPC and representatives of ‘People for Animals’ were also present on the occasion.

BAC Khamdong observes International Day of Older Persons

SUMMIT REPORT

GANGTOK, 01 OCT:

The International Day of Older Persons was celebrated at BAC Khamdong today. The programme had the presence of BDO, Tikendra

Sharma who was accompanied by the Welfare Inspector, team of Khamdong PHSC and senior citizens of Khamdong block.

During the programme, BDO Kham-

dong highlighted ways to develop digital equity across all ages and the role of senior citizens in the society.

The medical team also organised medical checkups in the Block.

Coordination meet on Clean India held in Namchi



NAMCHI, 01 OCT(IPR): A coordination meeting was conducted at DAC Namchi on 30 Sept to discuss the agendas and activities of during the month long "Clean India" program.

The meeting was chaired by ZillaAdhakshya (South), Tshering Dem Bhutia along with DC (South), M. Bharani Kumar, ADC (South), Anant Jain, ADC (RDD), Dr. C.P. Rai, Youth Coordinator (NYK), Muskan Rai and officials of line departments.

During the meeting, ZillaAdhakshya (South), Tshering Dem Bhutia said that every citizen should be responsible enough

to take part in this program and come forward to make Sikkim pollution free. She requested all the staff members to make this campaign successful, thereby making South District an exemplary district.

DC South, M Bharani Kumar elaborated on the "Clean India" program. He said that this program is aimed at creating awareness, mobilization of people and ensuring their involvement in the Clean India campaign. He stated that people from all segments of society, Government organizations including PRI's and Non- Government Or-

ganizations should take active part so as to create awareness among citizens to keep their surroundings clean and waste free.

Youth Coordinator, Muskan Rai highlighted the objectives of the "Clean India" campaign. He said that this program is an initiative taken up by Ministry of Youth Affairs and Sports, Government of India.

The main aim of this program is to make the country free of single-use plastic by 2022 to protect the environment. He further said that this program will be observed all through the country.

Marathon Man's students excel in 5K Run

SUMMIT REPORT

GANGTOK, 01 OCT:

Students of Marathon Man, Amar Subba excelled in the 5K Run organized by Smart City Namchi on the occasion of 75th Year of Independence Celebration Committee, AzadiKaAmrit-Mahotsav, at Namchi on Friday.

Phurba Tamang emerged as the cham-

pion and Shanti Thapa finished on the fifth position in women's open category. NimsangLimboo stood on the first position and Dhan Kumar Mangar on the third position in men's open category of the event.

Amar Subba congratulated his students, other winners and all participants of the competition.

In women's category, PhurbaTamang stood first leaving Signora in second position and BharatiGurung on the third position. NimsangLimboo emerged as the champion in open men's category, while Bikash-Chettri and Dhan Kumar Manger finished the race in the second and third positions respectively.

Refresher course for Paravets and Lab Technicians concludes



GANGTOK, 01 OCT (IPR):

The five-day residential refresher course for Lab Technicians/Paravets concluded today at Animal Husbandry & Veterinary Services (AH& VS) training centre, Sokaythang.

The valedictory programme was attended by Minister Agriculture, Horticulture and Animal Husbandry Departments, LokNath Sharma.

During the programme, the trainees were presented the Certificates by the chief guest.

Minister, LokNath Sharma addressed the trainees and congratulated them on the completion of their training.

He urged them to utilise what they learned from this experience and work to implement them in their respective districts. He stressed that, as service providers, there is a need to provide the farmers with proper support and guidance and said that such training should be held frequently. He also commended the officials of the department for successfully concluding the training.

Secretary, Animal Husbandry and Veterinary Services Department, Dr. Sangay D. Bhuthia, appealed to the trainees to share their knowledge to the villagers and guide them as a paravet when required. He also said that, Government of

Sikkim has introduced incentives for various sectors such as in milk production, piggery and livestock insurance etc.

Joint Director, Dr. EmilaShenga did a brief presentation about poultry farming, Veterinary medicines and practices, which was followed by a short speech by Joint Director Dr. Zeruiah Bhutia.

The programme also had the presence of Durga Prasad Pradhan[Advisor of AH&VS], Dr. BM Chettri[Director of Animal Husbandry], Dr. Indira Subba[Joint Director (Training & Extension)], Dr. Sanjay, M. Gajmer Additional Director (T&E), and other officials of Animal Husbandry Department.

5-day Nar Bahadur...

have given birth to such a Chief Minister whose work for the development of the state is incomparable. He will be remembered forever for his work, he added.

He also thanked Chief Minister, PS Tamang for declaring Soreng as a new district along with Pakyong in East Sikkim. He informed that they are working hard to transform Soreng sub-division into a new district and he also appealed to the general public to co-operate with the Government in every single step.

AdityaGolay also informed that the Chief Minister may have good news for the people of Soreng-Chakhungon the final day of this event.

The celebration includes Open Men's Volleyball Tournament, Marathon (Men's and Women's), Debate competition, Painting competition, and poem recitation competition,

Governor of Sikkim Ganga Prasad is scheduled to attend the final day of the celebration as chief guest.



Chungthang-Siliguri SNT bus service flagged off

SUMMIT REPORTR
MANGAN, 01 OCT:

Minister, Roads & Bridges Department, Samdup Lepcha, who also happens to be the area MLA, flagged off a Siliguri-Chungthang SNT bus service

from Chungthang today. The flag-off ceremony was also attended by the SDM, ADC-Development, panchayats and officials of the sub division. The service will ply the Chungthang-Mangan-Dikchu-Singtam route to Siliguri.

Centre declares "disturbed area" tag for three districts in Arunachal Pradesh

NEW DELHI: The Centre has declared three districts of Arunachal Pradesh and areas falling under two police stations in another district "disturbed" under the Armed Forces (Special Powers) Act for six more months in view of the insurgent activities and review of the law-and-order situation there, officials said.

The Union Home Ministry's notification will be effective from October 1, 2021, to March 31, 2022.

This is for the first time after a long period that the AFSPA will not be applicable to two police stations in another two districts -- Lower Dibang and Lohit -- in view of the improved security situation, a home ministry official said on Friday.

The Central government in exercise of the powers conferred by Section 3 of the Armed Forces (Special Powers) Act, 1958 (28 of 1958) had declared the Tirap, Changlang and Longding districts of Arunachal Pradesh and the area falling within the jurisdiction of four police stations -- two in Namsai district and one each in Lower Dibang and Lohit districts of Arunachal Pradesh bordering Assam as "disturbed area" through a notification on April 1, 2021.

The ministry has carried out a further review of the law-and-order situation in Tirap, Changlang and Longding districts of Arunachal Pradesh and in the area falling within the jurisdiction of four police stations in other districts of Arunachal Pradesh, bordering Assam recently.

"Now, therefore, Tirap, Changlang and Longding districts in Arunachal Pradesh and the areas falling within the jurisdiction of Namsai and Mahadevpur police stations in Namsai district of Arunachal Pradesh, bordering the state of Assam, are declared as "disturbed area" under Section 3 of the Armed Forces (Special Powers) Act, 1958 from 01.10.2021 to 31.03.2022 unless withdrawn earlier," the notification said.

Inner Wheel Club celebrates Int'l Day of Older Persons



SUMMIT REPORT
GANGTOK, 01 OCT:

On the occasion of International Day of Older Persons, the Inner Wheel Club of Gangtok ORCHID, under their project "SAMMAN," honored the inmates of the old-age home situated at Jalipool, Ranipool, a press

release informs.

The members gifted the inmates with First Aid box containing regular use medicines. Fruits and disinfectants were also provided to the home.

Care givers, who play an important role in the life of inmates, were pre-

sented with N-95 masks and hand sanitizers.

The members went around the home and have promised the in-charge to volunteer help when required.

One of the inmates regaled the members of the Club with his flute rendition.

Journalist Union of Sikkim's office inaugurated



SUMMIT REPORT
GANGTOK, 01 OCT:

The office of Journalists Union of Sikkim, located at Metro Point, Gangtok, was inaugurated today by Urban Development Minister, Arun Upreti and Information and Public Relations Minister, Lok Nath Sharma.

The inauguration was also attended by Press Club of Sikkim president, Joseph Lepcha, general secretary, Puran Tamang along with president of Journalist Union of Sikkim (JUS), Bhim Rawat who played host to the event attended by journalists from various media houses.

"It has always been a very cordial relationship with the fourth estate of democracy. This is a great progress made by the Journalists Union of Sikkim with an office here in the heart of town. We

will always be extending our support to the journalists, whether from the State government or at an individual level, we are always here for you," Urban Development Minister, Arun Upreti.

"Without the media, the works of the government, the shortcomings in society do not come to light," said IPR Minister, Lok Nath Sharma.


"We have been in existence since 2012 but in a rather dormant state, co-existing with fellow Press Club of Sikkim. The Union is seen as a necessity as journalists are also part of the labour workforce. So any shortcomings or grievances are better addressed by the Union. The inauguration of this office was an attempt at giving space to journalists in town,

closer to different government offices as well as different venues in the State capital," said JUS president, Bhim Rawat.

Mr Rawat highlighted how the JUS office will be home to journalists working in the digital media space.

"Journalists working with national media houses without offices in Sikkim, or young upcoming media channels across social media without devoted office space or any journalist covering multiple press conferences and events in a day, can use the office space to file a copy quickly or even use the office space to just rest," said Mr Rawat.

The office of JUS has hosted multiple press conferences for different organizations and political outfits in its short existence so far.



GOVERNMENT OF SIKKIM
CULTURE DEPARTMENT
MANAN KENDRA
GANGTOK- 737101, SIKKIM

75
Azadi Ka
Amrit Mahotsav

NIT No: 07/SE/CD/2021

NOTICE INVITING TENDER

For and on behalf of the Governor of Sikkim, Superintending Engineer, Culture Department, Government of Sikkim, Gangtok, invites sealed tenders in percentage rate from Class II-B Contractor within the Constituency for the work detailed as under:

Sl. No.	Name of work	Value put to tender (in Rs)	Completion time (in months)	Amount of Challan/ Bank receipt for cost of tender documents (in Rs)	Amount of Earnest Money Deposit @ 2.5% for issue of tender form (in Rs)	Jurisdiction of tenderers for competitive bidding
1	2	3	4	5	6	7
1	Construction of New Gurung Gumpa, South Sikkim.	3,18,89,020/-	24 months	50,000/-	7,97,225/-	Rangang-Yangang Constituency
2	Construction of Limboo Cultural Heritage Centre cum Mangkhim at Lower Rangang, South Sikkim.	3,20,73,001/-	24 months	50,000/-	8,01,825/-	..do..
3	Construction of Semechung Bhawan at Lamathang, West Sikkim.	2,30,93,689/-	24 months	30,000/-	5,77,342/-	Yoksam-Tashiding Constituency

TIME SCHEDULE

1. Date of issue of tender documents:	04.10.2021 to 01.11.2021 (10:30 am to 4:00 pm)
2. Date of issue of tender form:	02.11.2021 (10:00 am to 04:30 pm)
3. Date of bidding and submission of tender forms & documents:	03.11.2021 (10.00 am to 12:30 pm)
4. Date of opening of tender:	03.11.2021 (1:30 pm onwards)
5. Place of submission of tender and opening of the tender:	Office of the Superintending Engineer, Culture Department, Manan Bhawan, Gangtok

CONDITIONS OF CONTRACT

- Tender is open only to Class II-B Contractor within the territorial jurisdiction of Constituency where the works are to be executed.
- The intending tenderers/ contractors should apply in writing for issue of tender documents. The applicants would invariably be signed by the contractor himself/herself. The tender documents will not be issued to any person other than the INTENDING TENDERER.
- The applicants should enclose attested copies of the following documents along with the application.
 - GST Registration Certificate or relevant ARN number,
 - Income Tax Clearance Certificate,
 - Valid Contractor Enlistment Certificate,
 - Professional Tax Clearance Certificate and
 - PAN Card

It is mandatory to produce the original validated/updated Enlistment Certificate during issue of the Tender Document for verification.

- The prescribed non-Transferable Tender Documents (excluding the tender form) can be obtained during the period specified in "Time schedule" on production of Bank receipt/challan for the given cost of tender documents from the State Bank of Sikkim towards the cost of tender documents (non – refundable) under the receipt Head "Cost of Tender Form" to the Chief Accounts Officer, Culture Department.
- Tender form will be issued on specified "Time Schedule" to the Contractors who have obtained the tender documents, on production of Earnest money deposited @ 2.5% of tender value in the form of FDR/TDR/DD from any Nationalised bank within Sikkim/State bank of Sikkim in favour of Chief Accounts Office, Culture Department, Gangtok.
- The Tender Documents, including the Tender Form with quoted offer should be placed in a sealed cover with the name of the Tenderers and the name of the work superscripted on it.
- The Tenderer should sign on every page of the tender documents as acceptance of the general Direction and Conditions of Contract and other laid down norms. The rate quoted should be both in figures and words and should be inclusive of GST and all other Taxes. Over writing and correction should be avoided and if made should be authenticated. Incomplete/Conditional tenders shall be rejected forthwith.
- Sealed tenders may be deposited in the Tender Box in the office of the Superintending Engineer, Culture Department, Gangtok, on the date and within the time indicated in the "Time Schedule".
- In case of any discrepancy in rate(s) printed in the Schedule of Rates and Quantities issued with the tender Documents, rate as per approved Schedule of Rate of 2020 will be taken as correct. For items outside the SOR, the rates shall be as per the technically checked estimate/analysis. Decision of the principal Chief Engineer cum Secretary/ Head of the Department will be final in this regard.
- The work value, scope and quantum of work are subjected to change and the contractor shall execute the work as per the directives of the Department. If any extra claim is made, it shall be as per the agreement rates.
- The Contractor shall establish a field laboratory at the construction site. It shall be mandatory to test material by the contractor at site to any other fixed by the Government for quality control purpose. The Department reserve the rights to withhold payment to the contractor unless test certificates are not produced by the contractor when called upon to do so.
- Expenditure involved for material testing, cube strength of concrete, at site or in laboratories shall be borne by the contractor. The contractor shall make necessary arrangement accordingly as and when instructed to do so.
- The contractor shall engage a Graduate/Diploma Civil Engineer (s) at the project site during the period of execution of work as per the norms prescribed in the Enlistment Rules and grade of contractors as well as requirement at site determined by Engineer-in-charge.
- Avoidable damages due to negligence of the contractor shall be at his own risk and cost. The Department shall not be liable for payment of such damages (if any), including accidents to labourer at site.
- The offer shall remain valid for period of 90 days. The work should commence within 15 days from the date of issue of Work Order.
- All the Conditions as mentioned in the NIT shall be deemed to be part of the agreement to be entered with the Contractor. Security deposit shall be collected by deductions from the running bill of the contractor @ 5% of the value of work done.
- The Department reserved the right to accept or reject any or all tenders without assigning any reason thereof.
- The Contractor shall also make arrangement to have photographs of the works taken at least at three stages of the construction period i.e., beginning, middle and completion stage.
- Quarrying of stone shall be allowed only from designated approval quarries.
- Damages to properties in and around the work site must be avoided at all cost. The contractor shall be held responsible for any act of negligence and shall be made to make good of the damages.
- It is expected for the Tenderer/s to have inspected the site before submitting his bid. There may be possible site difficulties for which the tenderer should have their own correct assessment before submitting the bid.
- The contractor will have to pay all taxes and dues as applicable and notified by the State/Central Government and no claim shall be entertained in this regard whatsoever.

Superintending Engineer
Culture Department
Gangtok

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Need NGOs

Not just to solve problems, but also to acquire confident pride

There are many problems that only non-governmental volunteers can solve. Discomforting situations, especially the ones that are social in nature, require agencies from outside to find deliverance. The State can at best play the role of a facilitator by putting in place the right laws and making available the required funds to aid the process.

In contrast, when the government takes on the role of the NGOs, there is too much tokenism and too little engagement which does not help anyone. This is not for want of intent, but more a fallout of the lack of commitment caused by haphazard prioritisation. Government officials are after all in transferable jobs and have other considerations weighing on their minds like career progression to get too involved with the social cause they might at a given time be only ex-officio or otherwise involved in. Without complete involvement and felt understanding, social problems cannot be solved and this commitment can only be guaranteed by committed volunteers of an NGO. Government functionaries will be satisfied with an elaborately staged "World Day" observance of their present responsibility or the odd workshop and seminar talking down to corralled audience, but that does nothing for the issue or problem at hand beyond feeding a press release. Real work involves getting the hands dirty and that is too much to expect from a individuals with temporary responsibility of the problem. The government is also handicapped by the red tape they wrap themselves in and the procedures and hierarchies they are habituated to. Work on the field demands instant decisions and improvisations which government officials are either not trained for or unwilling to risk.

In Sikkim, unfortunately, the NGO culture is still nascent. There is something definitely wrong with the picture when governments and project developers float their own organizations to do "social work" which should ideally be undertaken by well networked "local" NGOs. Without taking anything away from the efficacy of the present kind of NGOs, a fact which cannot be ignored is that under the present structures, the NGOs become an extension of the bureaucratic system of chakari in which political masters [or funding company] gain primacy over the people among whom the organisations should be working. This subverts the whole role of a social engagement from being one of linking aspirations and concerns from the grassroots up, to becoming handling agents of dole trickling down from above. What this awkward arrangement also delivers is government-NGO relationship which is not one of mutual respect. Since most NGOs here are completely dependent on the State for funds and directions, their independence is restricted. It is time the NGO culture developed into a viable deliverer of services and information to the Sikkimese, especially those in the rural areas.

Many changes are afoot at present and NGO involvement in cushioning their impact is an urgent need. Absent of committed and informed social workers, a fatalistic streak is created among the people who start losing faith in their ability to solve problems on their own. If this notion is allowed to take roots, very soon, a society mistakenly convinced of its incompetence will even stop trying very hard to improve its situation. A responsible network of NGOs will go a long way in combating this defeatist trait and help in reacquiring the confidence which slips away fast in a welfare state.

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LGBTQ+ Athletes: Why More Sportspeople Than Ever Are Coming Out

JACK HARDWICKE
theconversation.com

Sport, up until very recently, was considered a hostile environment for LGBTQ+ athletes. The treatment of some of sport's first openly LGBTQ+ athletes, such as tennis player Billie Jean King and footballer Justin Fashanu, shows this.

But this year has seen a significant flurry of events that suggest sport is becoming much more inclusive. In June 2021, for example, Carl Nassib came out publicly as the first "out" gay male in the NFL. Then, Clay Davies came out publicly as the first out gay elite male cyclist in Britain. As with other gay male athletes before them in recent years, both have been met with public support.

The recent (delayed) Tokyo 2020 Olympics also had the largest number of out LGBTQ+ athletes ever – with 186 LGBTQ+ athletes competing – while the Paralympics had a record 36. The 2020 Olympics was also a first in that multiple openly transgender or non-binary athletes took part. This is why these games have been dubbed the "Rainbow Olympics" and have been seen as a "turning point for LGBTQ+ athletes".

Support has also been forthcoming from heterosexual allies. In Formula One, Sebastian Vettel joined several drivers in voicing his support for LGBTQ+ rights ahead of the 2021 Hungarian Grand Prix and wore a rainbow "Same Love" T-shirt during the national anthem.

While in the recent men's 2020 European Football Championships, which was also delayed due to COVID, some of the world's best players, such as Harry Kane and Manuel Neuer, wore rainbow-coloured captain's armbands in support of LGBT+ communities, all of which helps create space for

LGBTQ+ athletes to feel safe enough to come out.

These events are particularly significant as they occur in sports not traditionally associated with LGBTQ+ athletes or inclusion. Formula One and football are hyper-masculine sports, often considered to have macho and homophobic cultures. Indeed, despite equality, diversity and inclusion organisations warning that sport remains a hostile environment for sexual minorities, there is now significant evidence to suggest that this is quickly changing.

SPORT'S EVOLUTION

For some time now, research has shown that a range of sports are becoming far more inclusive and accepting of sexual minority athletes. And this is likely reflecting a wider shift in societal attitudes towards LGBTQ+ people and diversity.

While recent data from the US shows that the acceptance of homosexuality in society often remains divided by country, region and economic development, overall there has been increasing acceptance in most countries.

Research in the UK, for example, consistently shows high levels of acceptance of homosexuality – with only 16% of those surveyed in 2018 believing same-sex relationships were either "always" or "mostly" wrong. While in Japan, the 2020 Olympic host nation, recent polling data found that almost 80% of people 60 and under now support same-sex marriage.

Perhaps the clearest example of changing social and legal rights for sexual minorities is the increasing number of countries legalising same-sex marriage – albeit not in Japan, despite increasing support for its introduction. Most recently, this includes Switzerland, whose referendum on September 26 showed nearly two-thirds in favour of

"Marriage for all".

THE POLITICISATION OF SPORT

Although it's often argued by right-wing commentators that "politics should stay out of sport", sport is always political – and this is something that seems to be increasing. International sporting events often see nations compete against each other – so politics will always be involved. And it seems unlikely that calls for de-politicising sport will be met.

A small research study in the US, from 2011, suggests that previously some athletes did not like to engage with activism as it was thought it could "cost the athlete endorsement monies". It has also been argued that athletes have too much to lose by speaking out against social ills. But with the shifting political climate and the increasing politicisation of sport, this seems to be changing – particularly regarding LGBTQ+ issues in sport. There's been a rise, for example, in the number of LGBTQ+ athletes securing endorsements from large corporations.

This shift is important because most sports have a large LGBTQ+ fan base. During the recent Olympic Games, for example, Outsports, a website dedicated to LGBTQ+ involvement in sport, declared that its traffic increased dramatically.

With the continued progress towards a more inclusive society and increasing levels of acceptance of LGBTQ+ athletes, we'll likely see many more sportspeople coming out over the next few years.

And, given the increasingly inclusive society in which elite sport is now played, it may even be that the Paris 2024 Olympics will supersede the "Rainbow Olympics" of Tokyo 2020.

[the writer is Lecturer in Health Sociology, University of Northampton]

Ten small changes you can make today to prevent weight gain

CLAIRE MADIGAN & HENRIETTA GRAHAM
theconversation.com

Between the ages of 20 and 55, most adults gain between 0.5 and 1kg a year, which could see some people become overweight or obese over time. This weight gain isn't usually the result of overeating large amounts of food. Instead, it's usually caused by eating a small amount – around 100-200 extra calories – more than is needed each day.

The good news is that we may be able to prevent ourselves from gaining weight by making small changes to our diet or physical activity. Our recent review found that eating 100-200 calories less, or burning an extra 100-200 calories each day, may be enough to stop ourselves from gaining weight in the long run. This is known as a "small-changes approach", which was first proposed in 2004 by James Hill, an American expert on obesity, to help people manage their weight.

Many small studies have investigated the use of the small-changes approach for weight management. We combined the results of these smaller studies into a larger review to get an average (and more statistically reliable) result of the effect of this approach on weight management.

We looked at 19 trials – 15 of which tested a small-changes approach to prevent weight gain, and four that test this approach for weight loss.

We analysed the data of nearly 3,000 people in weight-gain prevention trials, and 372 people in weight-loss trials. Participants were aged between 18 and 60, 65% of whom were female. In those who used the small-changes approach to prevent weight gain, we found that participants gaining almost 1kg less compared with those who didn't use this approach over a period of eight to 14 months. The 1kg difference was statistically significant, meaning it was unlikely to be the result of chance.

While the small-changes approach was shown to be effective for preventing weight gain, it was not proven to be effective for weight loss.

PREVENTING WEIGHT GAIN

The trials we looked at used a number of different small changes to help participants prevent weight gain. Here are some of the successful techniques used in these trials:

1. Get off the bus one stop earlier and walk the rest of the way. You may end up walking ten to 15 minutes more and this could help you burn up to 60 calories. Doing this on the way home as well could mean you burn up to 120 calories.
2. Skip the chips that come as

a side. Small portions of oven chips served alongside main meals contain hundreds of calories. Saying no to these – or opting for a salad or vegetables as a side instead – could help you reduce your daily calorie intake by up to 200 calories.

3. Switch from a regular to a diet drink. Although it might not taste the same, making this switch could reduce your calorie intake by 145 calories. However, recent research suggests that switching to diet drinks may not be great for weight management – so choosing to drink water instead of your regular fizzy drink might be best.

4. Have an Americano instead of a latte. The milk in a regular latte can contain up to 186 calories, so switching to an Americano could prevent weight gain.

5. Add one less tablespoon of oil while cooking. One tablespoon of olive oil, for example, contains slightly over 100 calories, so using less can be one way of avoiding additional calories.

6. If you have something sweet, save half of it for tomorrow. Eating only half a KitKat, for example, could reduce your calorie intake by about 102 calories – and give you something to look forward to tomorrow.

7. Take one or two fewer potatoes in your roast dinner. One medi-

um roast potato can contain as many as 200 calories, so be mindful of how many you put on your plate.

8. Take phone meetings while walking. You could burn an extra 100 calories if you opted to take a 30-minute phone call on the go.

9. Avoid sweets. Saying no to cakes, biscuits and other sweets could help you easily cut an extra 100-200 calories from your diet – maybe more, depending on the food.

10. Take your dog for an extra 30-minute brisk walk each day. The dog will appreciate it, and you could burn over 150 calories.

The small-changes approach has many advantages for managing weight. First, small changes are easier to incorporate into everyday life over larger ones. For example, it's easier to eat 100-200 fewer calories a day than to eat 500 fewer calories each day (basically, an entire meal). Small changes are also easier to maintain in the long run, which is key to managing weight. And, if people succeed at making these small changes, it may lead them to make bigger changes in their life.

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Department of Information & Public Relations
Government of Sikkim



GANDHI JAYANTI 2021

Magnificent Mandhana falls after maiden Test ton, India 231/3 against Australia

GOLD COAST, OCT 1 (PTI): Flamboyant opener Smriti Mandhana shattered a few records en route to slamming a magnificent maiden Test century as India progressed to 231/3 in the second day's opening session of the day/night match against Australia here on Friday.

At the dinner break, India were strongly placed, having started the proceedings at 132 for one.

The 25-year-old Mandhana became the first Indian woman to hit a century in day-night Tests and also the first from the country to reach three figures in the game's traditional format on the Australian soil.

Mandhana made 127 off 216 balls with the help of 22 boundaries and a six at the Carrara Oval, and added an Indian record of 102 runs in Australia for the second wicket with Punam Raut (36), continuing the good work after putting on 93 with Shafali Verma on a rain-marred opening day.

She brought her century with a short-arm pull shot off Ellyse Perry in the 52nd over.

Mandhana wouldn't have added to her overnight score of 80 in the second over of Day 2 but Perry overstepped. Replays showed that the catch too might have been debatable.

The India opener, however, overcame the early jitters and went about her business in a professional manner while playing some lovely shots, including a magnificent straight drive off Annabel Sutherland.

India beat Kazakhstan, to meet Georgia in semifinals

SITGES (SPAIN), OCT 1 (PTI): D Harika and Mary Ann Gomes played key roles as India beat Kazakhstan 1.5-0.5 in the quarterfinals of the FIDE World Women's Team Chess Championship here. After the first match had ended in a draw (2-2), India won the second 2.5-1.5 to secure passage into the next round.

India will take on George in the two-match semifinals later on Friday while the formidable Russia meet Ukraine in the other last four clash.

India's No.1 player Harika scored a crucial win against Zhansaya Abdumalik on the top board in the second match after having drawn in the first match while Gomes was impressive in beating Gulmira Dauletova 2.5-1.5 in the second match late on Thursday night.

Gomes, who had beaten her Kazakh opponent in the first round too, continued her impressive form to post a 57-move win in the second. Tania Sachdev, who came in for Bhakti Kulkarni in the second match, went down to Meruert Kamalidenova.

R Vaishali, playing on second board, settled for a draw against Dinara Saduakassova after having shared honours in the first round also.

Chance for DC to bounce back against struggling Mumbai Indians

SHARJAH, OCT 1 (PTI): Delhi Capitals will look to bounce back after a blip in the last match, while a struggling Mumbai Indians unit will hope to hold on to their new-found momentum in the first of Saturday's IPL double headers here.

Having virtually sealed their playoff berth with eight wins, Delhi were done in by the sluggish conditions of Sharjah, as an all-round Kolkata Knight Riders trumped them by three wickets in a low-scoring affair.

Lying second with 16 points from 11 games, the target for the last season's runners-up would be to finish in top-two, which will give them two shots at reaching the final.

For a team that looked at ease all along, it was their first defeat in the UAE leg -- and three from 11 matches this season -- as Delhi struggled to get going against KKR bowlers who made full use of the slow surface after opting to bowl.

That none in the star-studded Rishabh Pant-led Delhi batting lineup managed to get a six in their stipulated 20 overs, highlighted how difficult stroke-making was.

Delhi managed just 127/9 as the mystery spin duo of Sunil Narine and Venkatesh Iyer tightened the noose.

It was only Steve Smith (39 off 34 balls), who replaced an injured Prithvi Shaw, and Pant (39 off 36 balls), who got some runs while their lower middle-order managed only 13 runs.

The outing was however an aberration for the Delhi batsmen who have done well so far and they would hope that Shaw is fit and back in the playing XI.



Their seam-bowling all-rounder Marcus Stoinis (hamstring) may take longer to be back.

With the sluggish conditions on offer, DC's spin trio of Ravichandran Ashwin, Axar Patel and Lalit Yadav would look to make inroads.

Mumbai, on the other hand, would look to stay in the race after securing their first win from four matches in the second phase of IPL.

Batting has been a big letdown for the record five-time IPL champions as Surya Kumar Yadav is horribly out of form with scores of 0, 8, 5, 3 in the UAE leg.

Star openers Rohit Sharma and Quinton de Kock also have not been able to convert their starts, putting

pressure on the middle-order.

The silver lining for the IPL heavyweights was the struggling middle-order turning it around with Saurabh Tiwary (45) and Hardik Pandya (40) securing a six-wicket win over Punjab Kings.

The big-hitting Kieron Pollard also looked in the groove with a seven-ball 15 not out to play the finisher's role.

Tiwary's resolute knock would mean that he would retain his place and it remains to be seen whether Sharma gives another opportunity to the out-of-form Ishan Kishan.

In bowling, Jasprit Bumrah has consistently delivered, returning with 10 wickets so far in the UAE

leg, at a time MI's spin bowling has flopped.

On conditions aiding slow bowlers, it remains to be seen how the likes of Rahul Chahar and Krunal Pandya make it count.

Leg-spinner Rahul Chahar has failed to make an impression in the UAE leg and managed just two wickets from four matches, while left-arm spinner Krunal managed just one wicket.

Teams (from):

Mumbai Indians: Rohit Sharma (captain) Quinton de Kock, Ishan Kishan, Suryakumar Yadav, Aditya Tare, Anmolpreet Singh, Chris Lynn, Saurabh Tiwary, Anukul Roy, Arjun Tendulkar, Hardik Pandya, Krunal-

Pandya, James Neesham, Jayant Yadav, Kieron Pollard, Marco Jansen, Yuvraj Singh, Adam Milne, Dhawal Kulkarni, Jasprit Bumrah, Mohsin Khan, Nathan Coulter-Nile, Piyush Chawla, Rahul Chahar and Trent Boult.

Delhi Capitals: Rishabh Pant (captain), Ajinkya Rahane, Prithvi Shaw, Rival Patel, Shikhar Dhawan, Shimron Hetmyer, Shreyas Iyer, Steve Smith, Amit Mishra, Anrich Nortje, Avesh Khan, Ben Dwarshuis, Ishant Sharma, Kagiso Rabada, Kulwant Khejroliya, Lukman Meriwala, Pravin Dubey, Tom Curran, Umesh Yadav, Axar Patel, Lalit Yadav, Marcus Stoinis, Ravichandran Ashwin, Sam Billings and Vishnu Vinod.

Former India hockey striker S V Sunil retires

NEW DELHI, OCT 1 (PTI): Veteran India men's hockey team striker SV Sunil on Friday announced his international retirement, bringing the curtains down on a 14-year-long career during which he was a part of the 2014 Asian Games gold-winning side.

Sunil's decision to call time came a day after drag-flicker Rupinder Pal Singh and defender Birendra Lakra, who played starring roles in the Indian hockey team's historic bronze medal-winning Tokyo Olympics campaign, announced their international retirements on Friday.

The 32-year-old Sunil, hailing from Karnataka, was not a part of the team that competed in the Tokyo Olympics. Sunil, said it was time for him to make way for younger players and help to build a winning team for the future. The senior player appeared in 264 India matches, striking 72 goals.

"... time to take a break. More than 14 years after I wore India colours for the first time, I have decided to make myself unavailable for the national camp which begins next week," Sunil, who grew up playing hockey with a bamboo stick due to his family's limited resources, said in a statement on his Twitter handle.

"It was not the easiest decision to make, but it was not the toughest either, given that I did not make it to the team for the Tokyo Games. The omission put a question mark on my future as a player, in the 11-a-side format.

"With the 2024 Paris Olympics three years away, I think, as a senior player it is important that I make way for youngsters and help in building a winning team for the future," he added.

The Arjuna awardee from Somwarpet in Coorg made his international debut in 2007 at the Asia Cup which India won after beating Pakistan in the Final.

There was no looking back for the speedy striker after that and he was a part of India's incredible rise in global hockey.

The two-time Olympian (2012 and 2016) remained a key player in the Indian forward-line for over a decade with fine performances.

He was in the Indian team that won gold in the 2011 Asian Champions Trophy and silver in the same event in 2012.

He also won gold and bronze medals in the 2014 and 2018 Asian Games respectively besides a gold in the Asia Cup 2017.

He played an instrumental role in the team's historic silver medal wins at the 2016 and 2018 FIH Champions Trophy.

In his long career, Sunil also led the forward-line in 2015 World League Final where the team won a bronze Medal and he was also part of the team that won bronze in the same event in 2017 in Bhubaneswar.

He also has a silver medal from the Commonwealth Games 2014 to his credit.

Congratulating Sunil for his contribution to Indian hockey, Hockey India President Gyanendra Ningombam said, "SV

Sunil has been an inspiration to an entire generation of young hockey players.

"His commitment to the game and discipline was unmatched and he has given Indian hockey some very memorable performances."

Sunil said he will continue to be available to play the shorter form of the game (5-a-side hockey).

He said the gold in the 2014 Asian Games was the turning point of his career.

"I am grateful that I represented my country at two Olympic Games -- in London in 2012 and in Rio in 2012.

"I have seen a lot on and off the pitch in the past 14 years. I have battled personal tragedies, career-threatening injuries and other setbacks to remain focussed on giving my best for the country.

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Playoffs means opportunity to manage workloads, but won't be too experimental: Fleming

SHARJAH, OCT 1 (PTI): Reaching the IPL playoffs early is an opportunity for Chennai Super Kings to better manage their veteran players' workload but head coach Stephen Fleming has made it clear that the team management "won't be too experimental."

Chennai Super Kings produced a convincing performance against Sunrisers Hyderabad to maintain their remarkable consistency this season and sail into the Indian Premier League play-offs here on Thursday with a six-wick win.

"I am not big on momentum. Momentum can go as quick as you have it. We don't really talk about that. What we have probably been afforded is that we can manage workloads of players a bit better," Fleming said.

"We have got a day and travel to Abu Dhabi and a day and then a game. The opportunities for guys who are on the fringe... we have afforded that luxury now. But we won't be too experimental," he added.

The three-time IPL champions have 18 points on the back of nine wins from 11 matches and are the first team to secure a spot in the playoffs.

The turnaround for CSK has been remarkable after a forgettable IPL-13 last year when they failed to make the playoffs for the first time, and Fleming said they finished well and took confidence out of it to emerge stronger.

"I think I mentioned it at that time. We were really proud of the way we finished. The way we won the last four games



in a row and started to get a little bit of rhythm together. In the first half of the tournament, a number of things went wrong.

"Our form and confidence were really low but the way we finished was really encouraging and gave us the look of what we could be," Fleming said at the virtual post-match conference.

"We sat down and analysed to get competitive and took confidence out of it and knew it was just a couple of positions that might make a better balanced side.

"In fact though it was a bad year, we were only a win away from a semi-final. Just about trying to create a balanced side that would suit us. It was just about creating an environment that was positive and making sure there was no doubt," he pointed out.

Fleming also said he was impressed with the way veteran West Indies all-rounder Dwayne Bravo had risen to the challenge and that his bowling in death overs has been outstanding.

"It was a really good competition between Dwayne Bravo and Sam Curran. Sam was excellent in the first part. Bra-

vo has come back now and the champion that he is... He is back to his best and his bowling in the death overs has been outstanding.

"It's really good that two very good players are competing for the all-rounder spot and getting the best out of each other. Maybe, we can have an opportunity where they both play together. We are impressed with the way Bravo has addressed the challenge," he said.

The CSK head coach played down concerns over the form of experienced southpaw Suresh Raina (157 runs from 11 innings with 1 fifty) and said he expected him to improve his performance as the tournament progresses.

"We have a pretty clear role for him. He has got an optimal time. We want him to bat and we've afforded the luxury of a player coming out and being aggressive. So, just getting the timing right without managing the batters.

"We value his experience and everything has got a part to play in the middle. Suresh is an experienced player who has earned a bit of a leeway and as the tournament goes on, his per-

formance will improve," Fleming added.

SRH head coach Trevor Bayliss said the bowlers did a good job on the night and showed a lot of character to keep the team in the game.

"The most pleasing thing is that we showed a lot of character with our bowling to stay in the game. When you are going through a run of losses like we are in this IPL, it is quite easy to give up in situations like that.

"If you stay in the game we give ourselves an opportunity, whatever that opportunity is. We came back pretty well in the game in the last two-three overs. All credit to the bowlers tonight," Bayliss said.

Looking at the positives, he said the fielding had been good throughout the tournament and praised the efforts of West Indian all-rounder Jason Holder.

"As I said, our fielding has been quite good throughout the tournament. It is one of the things we want to pride ourselves on and make a difference on the field. I think from the bowling point of view, Holder has been pretty consistent for us.

Migrants on new route to Europe get trapped between borders

BIALYSTOK, POLAND (AP): After enduring a decade of war in Syria, Boshra al-Moallem and her two sisters seized their chance to flee. Her brother, who escaped years earlier to Belgium, had saved enough money for their trip, and word was spreading online that a new migration route into Europe had opened through Belarus.

But the journey proved terrifying and nearly deadly. Al-Moallem became trapped at the border of Belarus and Poland for 20 days and was pushed back and forth between armed guards from each side in an area of swamps. She endured cold nights, mosquitoes, hunger and terrible thirst. Only after she collapsed from exhaustion and dehydration did Polish guards finally take her to a hospital.

"I didn't expect this to happen to us. They told us it's really easy to go to Europe, to find your life, to run (from) war," the 48-year-old said as she recovered this week in a refugee center in eastern Poland. "I didn't imagine I would live another war between the borders."

Al-Moallem is one of thousands of people who traveled to Belarus in recent weeks and were then pushed across the border by Belarusian guards. The European Union has condemned the Belarusian actions as a form of "hybrid war" against the bloc.

Originally from Homs, Al-Moallem was displaced to Damascus by the war. She said Belarusian officials tricked her into believing the journey into the EU would be easy and then used her as a "weapon" in a political fight against Poland. But she also says the Polish border guards were excessively harsh, denying her water and using dogs to frighten her and other migrants as the guards pushed them back across to Belarus, over and over again.

For years, people fleeing war in the Middle East have made dangerous journeys across the Mediterranean and Aegean seas, seeking safety in Western Europe. But after the arrival of more than a million people in 2015, European Union nations put up concrete and razor-wire walls, installed drone surveillance and cut deals with Turkey and Libya to keep migrants away.

The far less protected path



into the EU through the forests and swamps of Eastern Europe emerged as a route only after the EU imposed sanctions on the regime of the authoritarian Belarusian President Alexander Lukashenko, following a flawed election and a harsh crackdown on protesters.

Suddenly people from Iraq, Syria and elsewhere were flying to Minsk, the capital of Belarus, on tourist visas and then traveling by car — many apparently aided by smugglers — to the border.

The three EU countries that border Belarus — Poland, Lithuanian and Latvia — accuse Lukashenko of acting to destabilize their societies.

If that is indeed the aim, it is working. Poland denied entry to thousands of migrants and refused to let them apply for asylum, violating international human rights conventions. The country has had its behavior criticized by human rights groups at home and abroad.

Stanislaw Zaryn, a spokesman for Poland's special services, told The Associated Press that Polish forces always provide help to migrants if their lives are endangered. In other cases, while it might pain them not to help, Zaryn insisted that Poland must hold its

ground and defend its border because it is being targeted in a high-stakes standoff with Belarus, which is backed by Russian President Vladimir Putin.

"Poland is of the opinion that only by thoroughly securing our border with Belarus are we able to stop this migration route, which is a route artificially created by Lukashenko with Putin's support. It was artificially created in order to take revenge on the entire European Union," Zaryn said.

With six migrants found dead along the border so far, human rights workers are appalled and insist that Poland must respect its obligations under international law to allow the migrants to apply for asylum, and not push them back across the border.

"The fact that these are Lukashenko's political actions directed against Poland and directed against the European Union is obvious to us," said Marianna Wartecka with the refugee rights group Fundacja Ocalenie. "But this does not justify the actions of the Polish state."

Lukashenko denies that his forces are pushing people into Poland, but his state media have seized on Poland's response to depict the EU as a place where human rights

are not respected. After traveling from Syria to Lebanon, al-Moallem, who was an English teacher in Syria, flew to Minsk, and from there took a taxi with her sisters and a brother-in-law to the border. Belarusian forces then guided the group to a spot to cross into Poland.

Crying as she told her story in English, Al-Moallem said that Belarusian forces told them: "It's a really easy way to get to Poland. It's a swamp. Just go through the swamp and up the hill, and you will be in Poland."

"And when we were trying to get up the hill, Polish border guards pushed us back. Families, women, men, children. The children were screaming and crying," she recalled. "I was asking Polish border guards, 'Please just a drop of water. I'm so thirsty. I've been here without a drop of water.'"

But all they would do is snap back: "Go to Belarus. We are not responsible for you."

That happened over and over again, with the Belarusian forces taking them back, sometimes giving them nothing more than some bread, and then returning them the next night.

During her ordeal, she took videos of the desperate migrants with her phone and

posted some to Facebook. Her videos and her account to the AP provide rare eyewitness evidence of the crisis at the border.

Such scenes unfold largely out of public view because Poland, following Lithuania and Latvia, declared a state of emergency along the border, which prevents journalists and human rights workers from going there.

The Polish government's measures, which also involve bolstering border defenses with soldiers, are popular with many Poles. The conservative ruling party, which took a strong anti-migrant stance in 2015, has seen its popularity strengthen in opinion polls amid the new crisis.

Despite Poland's efforts, there are reports that some asylum-seekers have managed to cross into the EU undetected and headed farther west, often to reunite with relatives in Germany.

Al-Moallem says she and her relatives plan to leave the center where they are staying now and travel across the EU's open borders to their brother in Belgium. They plan to seek asylum there. All she wants, she said, is for her family to be reunited after years of trauma and "to feel safe."

Germany probes Turk over alleged spying on Gulen supporters

BERLIN (AP): German prosecutors said Friday that they are investigating a Turkish man who was arrested in Dusseldorf on suspicion that he spied on supporters of cleric Fethullah Gulen's movement while acting on behalf of Turkish intelligence.

The suspect, identified only as Ali D. in line with German privacy rules, was detained at a Duesseldorf hotel on Sept. 17 after an employee found a weapon on him and called police.

Federal prosecutors, who in Germany handle cases involving national security, said they have taken over the case from investigators in Dusseldorf. They are investigating the arrested man on

suspicion of espionage and a weapons violation, prosecutors said in an emailed response to a question about German media reports on the probe.

Prosecutors said there are indications that Ali D. collected information on supporters of the Gulen movement living in the Cologne area for Turkey's MIT intelligence service. He is also accused of possessing 200 rounds of ammunition.

Turkey has blamed U.S.-based Muslim cleric Gulen, a former ally of President Recep Tayyip Erdogan, for an attempted coup in 2016. Gulen rejects the accusation.

The Turkish government designated his network a terrorist group.

Japan 'tankan' survey shows manufacturers upbeat on outlook

TOKYO, Oct. 1 (AP): Japan's "tankan" survey shows manufacturers upbeat on outlook. Business sentiment among Japanese manufacturers has risen to its highest level in nearly three years, according to a quarterly survey by the central bank. The results of the Bank of Japan's tankan survey, released Friday, found sentiment among large manufacturers rose to 18 from 14. That's the highest level since late 2018.

The reading for non-manufacturers edged up only slightly, to 2 from 1.

The tankan measures corporate sentiment by subtracting the number of companies saying business conditions are negative from those responding they are positive.

The report comes as Japan on Friday ended a state of emergency in many areas, including Tokyo, after new coronavirus infections began falling. The world's third-largest economy was in the dol-

drums even before the pandemic hit in several waves that have crimped business activity. The survey found that shortages of components such as computer chips are constraining the recovery.

Manufacturers are running down their inventories, and in some cases suspending production at some factories in response.

Such low inventory levels were last seen during the 1980s bubble. Among wholesalers, inventory levels fell to an all-time low, Marcel Thieliant of Capital Economics said in a report. He noted that production capacity dipped slightly in the latest survey, with room for improvement.

One positive result of the shortfalls is that some manufacturers are investing in factory equipment: large manufacturers forecasted a 10% increase in capital spending, which was the strongest outlook since the same quarter in 2018.

N. Korea says 4th new test-firing was anti-aircraft missile

SEOUL, Oct. 1 (AP): North Korea said Friday it had test-fired a newly developed anti-aircraft missile in the fourth round of weapons firings in recent weeks, even as it pushes to reopen dormant communication channels with South Korea in a small reconciliation step.

In September, North Korea resumed its first missile tests in six months but still offered conditional talks with Seoul in what some experts say is an apparent attempt to extract sanctions relief and other outside concessions. Earlier this week, North Korea leader Kim Jong Un expressed his willingness to restore communication hotlines with South Korea in coming days to promote peace on the Korean Peninsula.

The Korean Central News Agency said the anti-aircraft missile test is of very practical significance in studying

and developing various prospective anti-aircraft missile system.

It said the test was aimed at confirming the practicality of operation of the launcher, radar and battle command vehicle as well as the combat performance of the missile.

South Korea, Japan and the United States typically publicly confirm North Korean missile launches soon after they occur, but did not do so for Thursday's test, indicating it may not have been a major weapons test. Seoul's Joint Chiefs of Staff said Friday that South Korean and U.S. intelligence authorities monitored related moves by North Korea but didn't elaborate.

Kim Dong-yub, a professor at the University of North Korean Studies in Seoul, said Thursday's launch appears to be the primitive stage of a test to develop a missile de-

signed to shoot down incoming enemy missiles and aircraft. He said the missile resembles the Russian-made S-400 air defense system, which he said has a maximum range of 400 kilometers (250 miles) and is reportedly cable of intercepting radar-evading stealth jets.

While Kim said he intended to reopen inter-Korean hotlines during his speech at parliament, he also shrugged off U.S. offers for dialogue as a cunning concealment of its hostility against the North. He also reiterated the North's demands that South Korea abandon a double-dealing attitude over the North's missile tests if Seoul wants to see the resumption of talks and major cooperation steps.

South Korea has said it would prepare for the restoration of the hotlines, which it called necessary to discuss

and resolve many pending issues. The cross-border phone and fax lines have been largely dormant for more than a year. As of Friday morning, North Korea remains unresponsive to South Korea's attempt to exchange messages over the channels, according to Seoul's Unifications Ministry.

During the Armed Forces Day ceremony on Friday, South Korean President Moon Jae-in said he would sternly repel any attempt to threaten his people's lives and would strive to achieve lasting peace. But he didn't mention North Korea's recent tests in a possible effort to maintain a mood for talks between the Koreans.

U.S. Secretary of State Antony Blinken told reporters Thursday that Washington certainly supports inter-Korean dialogue in principle.

But he said the U.S. was concerned about North Korea's recent launches that he said were repeated violations of U.N. Security Council resolutions and created greater prospects for instability and insecurity.

The U.N. council resolutions ban any ballistic activity by North Korea. Some experts say North Korea wants South Korea to persuade the United States to ease punishing economic international sanctions on it. Other say North Korea aims to get an international recognition as a nuclear power.

Earlier in September, North Korea also test-fired a new hypersonic missile, a newly developed cruise missile and a ballistic missile launched from a train. South Korea's military assessed the hypersonic missile to be at an early stage of development, but experts say the two previous

missile tests displayed the North's ability to attack targets in South Korea and Japan, both key U.S. allies that host U.S. troops.

The North's recent tests were in line with Kim Jong Un's earlier vows to introduce sophisticated weapons and enlarge his nuclear arsenal to defend itself against U.S. hostility a reference to U.S.-led sanctions on the North and regular military drills between Washington and Seoul that North Korea believes are an invasion rehearsal.

Nuclear diplomacy between Pyongyang and Washington has been largely deadlocked since early 2019.

North Korea hasn't tested a long-range missile capable of reaching the U.S. mainland for about four years, an indication it wants to keep alive its chances for diplomacy.



Lyricist Javed Akhtar slams actor Kangana Ranaut's "delay" tactics in court submission

Kangana Ranaut had last month filed the petition before the chief metropolitan magistrate seeking transfer of hearing into the complaint to another court, saying she had "lost faith" in the magistrate's court as it indirectly "threatened" her of issuing a warrant if she failed to appear before it.

Mumbai: Veteran lyricist Javed Akhtar submitted in a court in Mumbai today that actor Kangana Ranaut's petition seeking transfer of the criminal defamation case filed by him against her was "devoid of any merits" and aimed at delaying the proceedings.

Kangana Ranaut had last month filed the petition before the chief metropolitan magistrate seeking transfer of hearing into the complaint to another court, saying she had "lost faith" in the magistrate's court as it indirectly "threatened" her of issuing a warrant if she failed to appear before it in a bailable offence.

In his written reply, filed through lawyer Jay Bharadwaj, Javed Akhtar said "The present transfer petition is devoid of all merits and is liable to be dismissed at the very threshold."

"The same is only filed to delay the proceedings before the Andheri metropolitan magistrate's court (which is currently presiding over the case)," he said.

"The grounds mentioned in the present application were raised for the first time after more than seven months of summoning of the applicant (Kangana Ranaut) with the sole intent to delay the matter," it said.

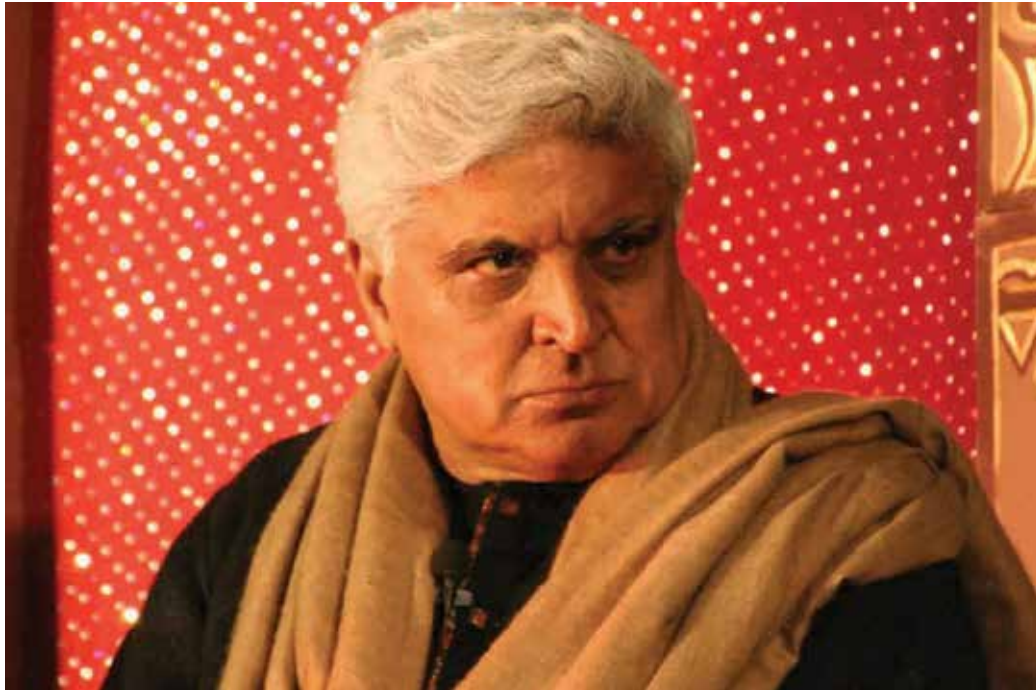
Multiple petitions filed by the actor

against the magistrate court's proceeding have been rejected by both - the sessions court and the Bombay High Court.

She had also filed a transfer petition before the Supreme Court. However, the petition had some defects and was declared "infructuous" for not following

claimed that Kangana Ranaut dragged his name during an interview while referring to a 'coterie' existing in Bollywood, following the alleged suicide committed by actor Sushant Singh Rajput in June last year.

Kangana Ranaut has also moved a



the required procedures, Javed Akhtar said.

"This clearly goes on to show that the present petition is an orchestrated tactic to delay the proceedings pending," it added.

The matter has been posted for hearing on October 18.

Javed Akhtar, 76, had filed the complaint in the court in November last year, claiming that Kangana Ranaut had made defamatory statements against him in a television interview, which allegedly damaged his reputation.

In his complaint, Javed Akhtar

counter complaint in the court against Javed Akhtar for alleged "extortion and criminal intimidation" before the metropolitan magistrate court.

The actor in her complaint against Javed Akhtar said following her public dispute with her co-star, the lyricist had called her and her sister Rangoli Chandel to his house with "malafide intentions and ulterior motives and then criminally intimidated and threatened" her.

As per the complaint, Javed Akhtar had forced Kangana Ranaut to tender a written apology to her co-star.

Scarlett Johansson and Disney settle 'Black Widow' lawsuit

LOS ANGELES, OCT 1 (PTI): Hollywood star Scarlett Johansson and studio Disney have settled her lawsuit over the release of the actor's superhero movie "Black Widow".

Though the terms of the settlement have not been disclosed, Johansson said she is happy to have resolved her "differences with Disney", reported Variety.

"I'm incredibly proud of the work we've done together over the years and have greatly enjoyed my creative relationship with the team. I look forward to continuing our collaboration in years to come," the actor said in a statement on Thursday.

Disney Studios chair Alan Bergman said the studio is also pleased to reach a resolution with the actor. "I'm very pleased that we have been able to come to a mutual agreement with Scarlett Johansson regarding 'Black Widow'.

"We appreciate her contributions to the Marvel Cinematic Universe and look forward to working together on a number of upcoming projects, including Disney's 'Tower of Terror'," he said.

Johansson had sued Disney for breach of contract over the company's decision to release "Black Widow" standalone film on Disney Plus and in theatres simultaneously.

In the lawsuit, filed in Los Angeles Superior Court in July, the actor contended that the streaming release of the Marvel Studios-backed movie breached her con-

tract and deprived her of potential earnings. "Black Widow", featuring Johansson as the titular superhero, released in the theatres and on Disney's streaming platform on July 9.

The actor's lawyer said in the lawsuit that her contract guaranteed an exclusive theatrical release, with her potential earnings tied to the box office performance of the film.

At the time, The Walt Disney Co. had responded to Johansson's lawsuit via a statement in which the studio said that the litigation showed a callous disregard to the COVID-19 pandemic and even revealed that she has so far received USD 20 million from the project.

"There is no merit whatsoever to this filing. The lawsuit is especially sad and distressing in its callous disregard for the horrific and prolonged global effects of the Covid-19 pandemic.

"Disney has fully complied with Ms Johansson's contract and furthermore, the release of 'Black Widow' on Disney+ with Premier Access has significantly enhanced her ability to earn additional compensation on top of the 20M she has received to date," a Disney spokesperson had said.

In August, Disney revealed in a filing that "Black Widow" had grossed USD 125 million on streaming, in addition to its USD 367 million box office gross.

Directed by Cate Shortland, "Black Widow" also featured actors Rachel Weisz, David Harbour and Florence Pugh.

Zoë Kravitz says upcoming album will explore her divorce from Karl Glusman

Zoë Kravitz, who recently finalized her divorce from Karl Glusman, said she's been working on a new album over the past few years that will explore her "love and loss."

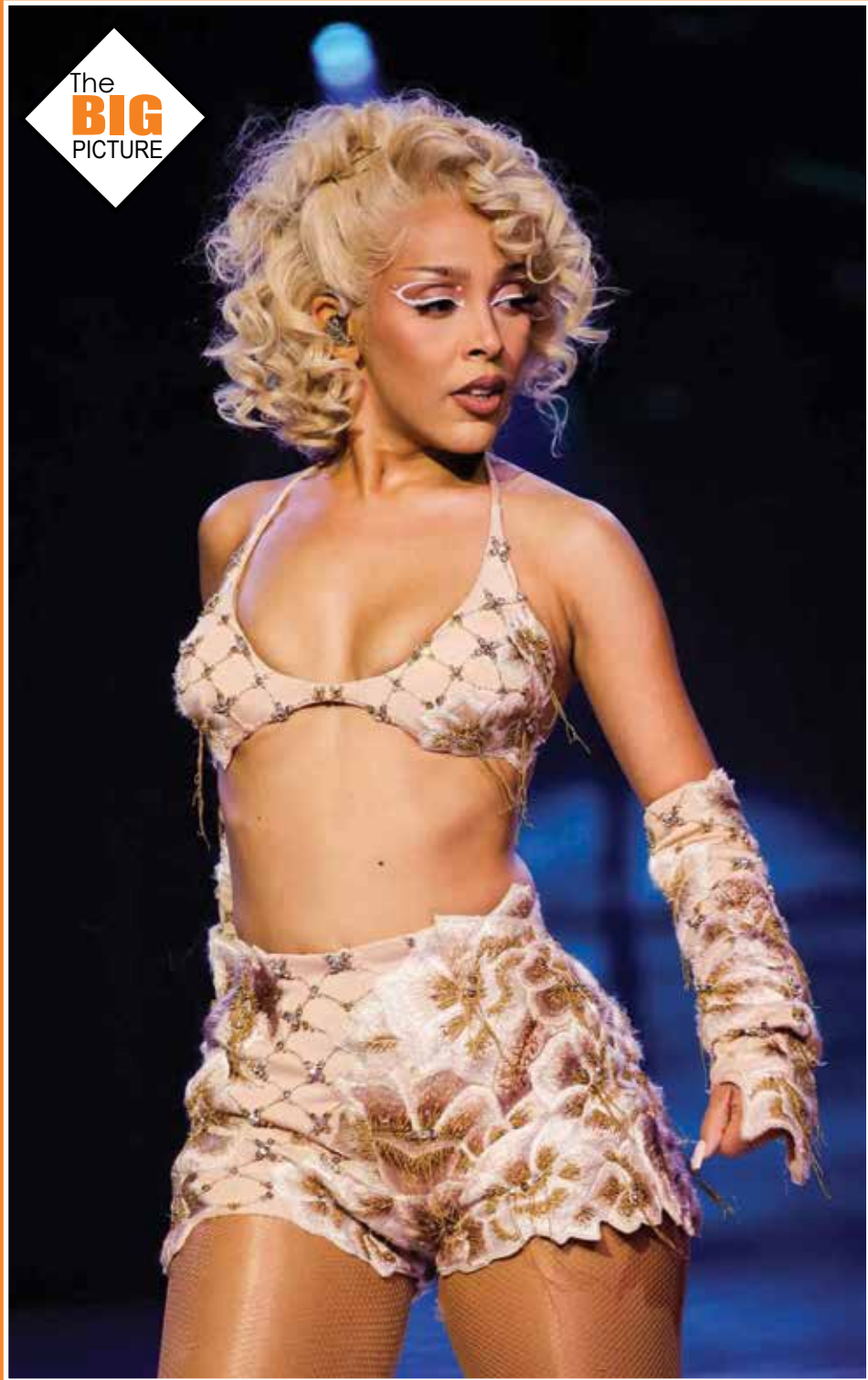
Zoë Kravitz is revisiting her difficult recent moments as she channels them into her new music.

The 32-year-old Big Little Lies star graced the cover of AnOther Magazine's Autumn/Winter issue, and in the story published online on Thursday, Sept. 30, she shared that her band Lolawolf is not currently active but that she and producer Jack Antonoff have been working on her upcoming solo album "for a couple of years, on and off."

As for the lyrics, she explained she will be tapping into the various emotions she's experienced in that span, including the ups and downs of her relationship with ex-husband Karl Glusman. She filed for divorce in December 2020 after 18 months of marriage before finalizing the process last month.

"I wrote it over a long stretch of time, subconsciously just capturing this range of emotions, which has been interesting to look back on and see what I was writing about them, then and now and in between," Zoë shared. "It's personal. It's about love and loss."

The High Fidelity star continued, "I got married. I got divorced.



TAKING THE STAGE! Singer Doja Cat performed at the Balmain Fashion Show as part of Paris Fashion Week.

Anna Sawai boards cast of FX series 'Shogun'



LOS ANGELES, OCT 1 (PTI): "Fast and Furious 9" star Anna Sawai has joined Hiroyuki Sanada and Cosmo Jarvis in upcoming FX limited series, titled "Shogun".

The period drama show is based on the best-selling novel by author James Clavell, according to Deadline.

Also coming aboard the cast are actors Tadanobu Asano, Fumi Nikaido, Tokuma Nishioaka, Takehiro Hira, Ako, Shinnosuke Abe, Yasunari Takeshima, Hiroto Kanai.

Additionally, the show has cast actors Toshi Toda, Hiro Kanagawa, Nestor Carbonell, Yuki Kura, Tommy Bastow, Moeka Hoshi, Yoriko Doguchi and Yuka Kouri.

Set in feudal Japan, "Shogun" charts the

collision of two ambitious men from different worlds and a mysterious female samurai.

These characters are John Blackthorne (Jarvis), a risk-taking English sailor who ends up shipwrecked in Japan, a land whose unfamiliar culture ultimately will redefine him; Lord Toranaga (Sanada), a shrewd, powerful daimyo, at odds with his own dangerous, political rivals; and Lady Mariko (Sawai), a woman with invaluable skills but dishonorable family ties who must prove her value and allegiance.

Jonathan van Tulleken will direct the first two episodes of the series, written by Justin Marks and Rachel Kondo. Production is currently underway in Vancouver, Canada.

Aries:

Having 'the talk' isn't easy, but you've got to do what you've got to do to heal the situation. The good thing is, the outcome will be in your favour, Aries, and you will find a way to restore peace and harmony in your world. Spending time with your sibling(s) and childhood friends is also going to be big on your agenda this weekend. PS: Let's raise a toast to the relationships that only get better with the passage of time!

Tip: It's better to have the talk than to suppress your emotions.

Taurus:

"Nothing touched by fire remains untransformed, only after fire burns you is found true liberation." A quote from the Rigveda to reflect upon as you sip on your morning cup of chai. You are stepping into a period of intense transformation, Taurus. A period of letting go of all that is false within and without in order to become true and most authentic self. Yes, your power will make those around you uncomfortable. It will also drive a few away. Remember, those who are meant to stay in your life will not shy away from standing by your side.

Tip: The fire of transformation has been awakened.

Gemini:

You're many things, Gemini and mediocre is certainly not one of them. This phase of your life is all about awak-

ening to the gifts that have been granted to you in this lifetime. So, introspect on your path and purpose. Align yourself with the idea of service. Remember, your ancestors and guides are providing you with the support you need to make those bold moves, now and in every moment.

Tip: How are you being called to make an impact in the big, bad world?

Cancer:

Time for a cup of truth tea, Cancer: this is the seventeenth 'second chance' you're giving them. Guess what? They're going to prove your instinct right once again. Don't be so intoxicated by love that you're unable to notice the red flags that are being waved from every corner. This is your chance to break the pattern. Don't be afraid to choose yourself this time around.

Tip: Break the pattern, beautiful.

Leo:

When you're doing "this" well for yourself, people are bound to talk, Leo. But, you know all about being the centre of attention now, don't you? What you may not be prepared for are the repercussions of (unintentionally) awakening the green-eyed monster in others. Word for the wise: disengage consciously and draw boundaries wherever necessary. Redirecting your gaze towards your mission will help you triumph

against the odds and make your way to the top.

Tip: Disengage from the drama and focus on what you are here to do.

Virgo:

This on-again-off-again game is getting exhausting. If you're going to wait for them to make their stance clear, then you're going to be waiting for a long time, Virgo. Word for the wise: move into a space of clarity within yourself and have the conversation you've been shying away from for a while now. Disclaimer: the outcome may or may not be in your favour, and that's okay. At least you won't look back at this moment with regret in your heart.

Tip: It's time to move into a space of clarity within yourself.

Libra:

Everything is as it should be, Libra. Everything is perfect in this moment. Friday sees you sipping and swirling on your Chardonnay, dancing under the stars and whispering sweet nothings in the ears of your beloved. The past few months haven't been easy. But, you survived it all with minimal damage, and that in itself calls for a celebration. As such, spirituality and soulfulness are also about to take centre-stage. Some of you may feel inspired to delve into the art of mediumship.

Tip: Everything is as it should be and everything is

perfect in this moment.

Scorpio:

You've always known, Scorpio. You've known this relationship was trouble from the get-go. Yet, you acted from a space of denial. Yet, you gave them more chances than they deserved. What the cards are urging you to do today is recognise the situation for what it is. If this requires you to stance for yourself, so be it. So be it.

Tip: The signs are all around you, beautiful.

Sagittarius:

"Dear Universe, Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." Keep the serenity prayer handy, Sagittarius, as you're likely to be disappointed more than once today. The good news is, it's all happening for a reason. You are being shown what is and isn't in alignment. So, don't shy away from taking a drastic step. Don't shy away from doing what's right for you this time.

Tip: Let acceptance be your love language to the divine forces.

Capricorn:

The Universe is under no obligation to make you feel comfortable. We repeat: the Universe is under no obligation to make you feel comfortable. So, pay attention

to what you're being asked to banish from your existence and cut the cords without delay. The process of detachment will hurt in the beginning. However, you will eventually be able to make space for what is truly in alignment.

Tip: You're being called to cut the cords, Capricorn.

Aquarius:

Aquarius equals dreamwork. But, you know all about that, don't you, Aquarius? This chapter of your life requires you to sync your forces with your fellow warriors and become the change you want to see in the collective. Know that you are fully supported in your mission to bring more light into this three dimensional reality that we co-exist in.

Tip: You're being called to bring more light into the physical dimension.

Pisces:

Repeating the story that things don't work out for you will only keep you stuck in a loop, Pisces. What you want to do instead is honour this as an opportunity to rise from your own ashes, and take a step towards your dreams. You are being offered a second chance, beautiful. Don't let your fears get the better of you this time.

Tip: The Universe is offering you a second chance, beautiful.